

Exchange Cycle

1. Application Anxiety
2. Selection/Arrival Fascination
 - Elation
 - Expectation
3. Initial Culture Shock 1 to 6 months
 - Novelty wears off
 - Characteristics:
 - Sleeping habits
 - Disorientation
 - Language difficulties
 - Fatigue
 - Mental
 - Physical
 - Eating
4. Surface Adjustments
 - After initial down
 - Settle in
 - Language improves
 - Navigate culture
 - Friends
 - Social Life
5. Mental Isolation
 - Frustration increases
 - New sense of isolation
 - Boredom
 - Lack of motivation
 - Unresolved problems
 - Language problems
6. Integration/Acceptance
 - Begin to examine society
 - Accept surroundings/self
7. Return Anxiety
 - Preparation for departure
 - Realize change
 - Want to stay
 - Results
 - Confusion
 - Pain
 - Breaking of bonds
 - No promise of renewal in future
8. Shock/Reintegration
 - Contrast of old and new
 - Family/friends:
 - Difficult to accept change
 - Not the center of attention
 - Not interested in experience details
 - Reorientation

All exchange students experience phases of elation, anxiousness, anxiety, and depression.

One or more of these phases will be experienced near the time of application processing. Various phases will continue until long after you return home.

It is important that these phases be anticipated, recognized and calmly accepted.

The best method to resolve each occurrence is to keep busy and remember that all other exchange students are experiencing similar circumstances.

Parents and host families need to know that the exchange student will experience these phases and should not be alarmed, but be ready to help the student work out of each phase as it occurs.

The time necessary to work through each phase is not predictable and will depend on the student and current situations.